

**Statistics Report 01017, Cheese, cream**

Report Date: September 14, 2015 23:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	54.44	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	342	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1431	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein <sup>1</sup>	g	5.93	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) <sup>1</sup>	g	34.24	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Ash <sup>1</sup>	g	1.32	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	4.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	3.21	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sucrose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose <sup>1</sup>	g	3.21	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Maltose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Starch <sup>1</sup>	g	0.35	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	98	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Iron, Fe <sup>1</sup>	mg	0.38	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Magnesium, Mg <sup>1</sup>	mg	9	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P <sup>1</sup>	mg	106	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	138	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sodium, Na	mg	365	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn <a href="#">1</a>	mg	0.51	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Copper, Cu <a href="#">1</a>	mg	0.019	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Manganese, Mn <a href="#">1</a>	mg	0.011	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	2.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin <a href="#">1</a>	mg	0.020	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Riboflavin <a href="#">1</a>	mg	0.125	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Niacin <a href="#">1</a>	mg	0.145	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.570	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6 <sup>1</sup>	mg	0.035	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Folate, total <sup>1</sup>	μg	11	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	μg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total <sup>2</sup>	mg	27.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine <sup>2</sup>	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 <sup>1</sup>	μg	0.25	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	366	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	μg	359	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	μg	88	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin A, IU	IU	1343	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma <sup>1</sup>	mg	0.04	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, delta <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin D	IU	25	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin K (phylloquinone)	µg	2.9	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	19.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.998	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.294	--	0.037	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0 <sup>1</sup>	g	0.356	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
10:0 <sup>1</sup>	g	0.825	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
12:0 <sup>1</sup>	g	0.919	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
14:0 <sup>1</sup>	g	3.042	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:0 <sup>1</sup>	g	0.312	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
16:0 <sup>1</sup>	g	8.497	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:0 <sup>1</sup>	g	0.175	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:0 <sup>1</sup>	g	3.823	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 <sup>1</sup>	g	0.050	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
22:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	8.620	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:1 <sup>1</sup>	g	0.249	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:1 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated <sup>1</sup>	g	0.448	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:1 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated <sup>1</sup>	g	7.923	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:1 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.437	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	1.032	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:3 undifferentiated <sup>1</sup>	g	0.173	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.173	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated <sup>1</sup>	g	0.058	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol <sup>1</sup>	mg	110	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Threonine <sup>1</sup>	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Isoleucine <sup>1</sup>	g	0.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Leucine <sup>1</sup>	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Lysine <sup>1</sup>	g	0.567	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Methionine <sup>1</sup>	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Cystine <sup>1</sup>	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Phenylalanine <sup>1</sup>	g	0.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine <a href="#">1</a>	g	0.303	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Valine <a href="#">1</a>	g	0.395	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Arginine <a href="#">1</a>	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Histidine <a href="#">1</a>	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Alanine <a href="#">1</a>	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Aspartic acid <a href="#">1</a>	g	0.514	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Glutamic acid <a href="#">1</a>	g	1.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Glycine <a href="#">1</a>	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Proline <a href="#">1</a>	g	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Serine <a href="#">1</a>	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--		Assumed zero		-- 04/1985
Caffeine	mg	0	--	--	--	--	--	--	--		Assumed zero		-- 12/2002
Theobromine	mg	0	--	--	--	--	--	--	--		Assumed zero		-- 12/2002

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD